Amendments to the claims:

This listing of claims will replace all prior versions, and listings, of claims in the application.

1. (currently amended) A torsion bar that can be installed in a seat belt retractor as an energy absorber, comprising:

a torsion bar;

[[and]] a gear integral therewith[[.]]; ~~wherein the gear is created by submitting the torsion bar to a rolling operation.~~ and

a flange integral with the torsion bar, the flange being located at an end of the torsion bar with a circumferential groove in the bar being adjacent to and disposed between the flange and the gear, wherein the circumferential groove extends into the torsion bar more deeply in a radial direction than the adjacent gear, the circumferential groove having a side boundary surface on the flange and a side boundary surface adjacent to and radially deeper than the gear.

2. (cancelled)

3. (cancelled)

4. (cancelled)

5. (cancelled)

6. (currently amended) The torsion bar according to claim [[4]] 1, wherein the gear adjacent to the circumferential groove is molded on to the torsion bar ~~circumferential groove is created~~ by a rolling ~~operation~~ process.

7. (currently amended) The torsion bar according to claim [[5]] 6, wherein the circumferential groove is ~~created~~ molded into the torsion bar by a rolling ~~operation~~ process.

8. (cancelled)

9. (cancelled)

10. (cancelled)

11. (cancelled)

12. (original) The torsion bar according to claim 1, further comprising a second gear integral with the torsion bar located at another end of the torsion bar.

13. (cancelled)

14. (cancelled)

15. (original) The torsion bar according to claim 6, further comprising a second gear integral with the torsion bar located at another end of the torsion bar.

16. (original) The torsion bar according to claim 7, further comprising a second gear integral with the torsion bar located at another end of the torsion bar.

17. (currently amended) The torsion bar according to claim 12, wherein the second gear is ~~created~~ molded onto the torsion bar by submitting the torsion bar to a rolling ~~operation~~ process.